

# Able

拍数: 48      墙数: 2      级数:  
编舞者: Harold Grimshaw (UK) - February 2018  
音乐: Lifer - MercyMe : (Album: Even If)



## CROSS POINTS with HOLDS, TURN, BACK HOLD, BACK DRAG HOLD

1-3      Left Cross, Point Right, Hold  
4-6      Right Behind, Point Left, Hold  
7-9      Left Cross, Right Back (1/4 Left), Hold  
10-12      Left Back, Drag Right together (no weight), Hold

## FWD TURN HOLD, BACK DRAG HOLD, FWD DRAG HOLD, FWD TURN HOLD

1-3      Right forward, Left back (1/2 Right), Hold  
4-6      Right back, Drag Left together (no weight), Hold  
7-9      Left Stride forward, Drag Right together, Hold  
10-12      Right Stride forward, Twist 1/4 Left onto Left toes (Left Heel raised), Hold

**\*\*Restart here during Wall 9 facing Home wall**

## SWAY TOUCHES with HOLDS, TURN HOLD, BACK HOLDS

1-3      Sway Left, Touch Right together, Hold  
4-6      Sway Right, Touch Left together, Hold  
7-9      Step Forward Left (1/4 Left), Step Side Right (1/4 Left), Hold  
10-12      Left back, Hold, Hold

## TURN SWEEP, CROSS POINT HOLD, BACK TOGETHER HOLD, STEP HEEL RAISE, HOLD

1-3      Right Forward (1/2 Right), Sweep Left around front of Right (Pivoting 1/2 Right over 2 Counts)  
4-6      Left Cross, Point Right (facing Right diagonal forward), Hold  
7-9      Right back, Left together, Hold (remain on diagonal)  
10-12      Right diagonally forward (Long step), Raise Left Heel, Hold

**TAG: \*12 Count Tag here (end of Wall 4 facing Home wall) (facing Right diagonal forward)**

## PIVOT TURNS with HOLDS, FWD TOUCH HOLD, STEP HEEL RAISE, HOLD

1-6      Left forward, Pivot 1/2 Right (taking weight), Hold, Left forward, Pivot 1/2 Right (taking weight), Hold  
7-9      Left forward, Touch Right together, Hold  
10-12      Right forward (Long step), Raise Left Heel, Hold

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